

# Beat the Heat

Each year, heat is the cause of death for hundreds of people. The elderly, those with chronic illnesses, and children under 5 are most at risk for heat-related illness.

## 3 Stages of Heat-Related Illness



**Heat cramps** are painful muscle spasms often occurring in the legs or abdomen.



**Heat exhaustion** is caused by the loss of large amounts of fluid through sweating. Symptoms include: cool and clammy skin, headache, nausea, and possibly a feeling of weakness or dizziness.



**Heat stroke** comes from prolonged heat exhaustion and is life threatening. Signs are red, hot, dry skin, and confusion or loss of consciousness.

## Treat the Heat

- Get out of the heat - move to a shady spot if you can't get inside
- Apply cool, wet towels
- Drink cool water
- Call 9-1-1 immediately if heat stroke is suspected

## Prevent Heat-Related Illness



Drink plenty of water - avoid caffeine, alcohol, and sugary drinks



Wear lightweight, light colored clothing



Avoid strenuous activities



Limit sun exposure



Never leave children or pets in a parked car



In 2018, South Carolina led the nation in child hot car deaths

**FIRE SAFE**  
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A COMMUNITY RISK REDUCTION PROGRAM